

***Egyptian pioneer school***  
**Primary.3 discover**  
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**Name:.....**

**Class:.....**

# Lesson 1 life skills



**Life skills:** it is a something we practice and then hope to learn to do well.

Life skills are the positive behaviors that the challenge of our life.

## Examples of life skills:

1) Collaboration: it means working together.



2) Communication: it is a big part of collaboration



3) Self-management: it is working on small goals in order to reach bigger goals.



4) Critical thinking: it means to slow down and consider our own thoughts and our thinking process.



5) Decision making: it is the act of deciding something especially with a group of people.

6) Empathy: it is the ability to share someone else's feelings or experiences



## LESSON 2 using the critical thinking skills



**Critical thinking:** - is a life skill which means to think reasonably in different situations to get an answer.

**Activity:** - look at the following pictures which represent small parts of the big picture, then complete by using these words.

**Fish-fabric-owl- peacock**



1) I am a beautiful bird.

My tail has colorful feathers.

I spread my tail in the form of a large fan behind me.

.....



2) I live in water

I can move with my fins

I have scales on my body

.....

3) I have strong beak

I have big eyes that provide good night vision to catch my preys.



4) I am used for making clothes, carpets, towels



## Riddles

**Solve the riddles and write about the strategy you used to solve them.**

1) my number is less than 10 you can add my number 3 times to make 15

What is my number?

\*your number is ..... \*this is how I solved the riddle.....

2)\* I am in the kitchen. \* I keep things cold

Who am I ?

I am ..... \*this is how I solved the riddle.....

## Lesson 3 run and jump

Activity: look at the following pictures which represent a jumping competition for children, then record the data in the opposite page and answer the questions.

Name: Amir

Age: 14 years

Mass: 40 kg

Name: Hana

Age: 16 years

Mass: 46 kg

Name: Adam

Age: 9 years

Mass: 20 kg

Name: rami

Age: 13 years

Mass: 35 kg

Name: Sarah

Age: 10 years

Mass: 23 kg

NOTES

**Kilogram:** - is the measuring unit of the mass.

**Centimeter:** - is the measuring unit of short lengths.

**Meter:** - is the measuring unit of long distances.



**Complete the table:-**

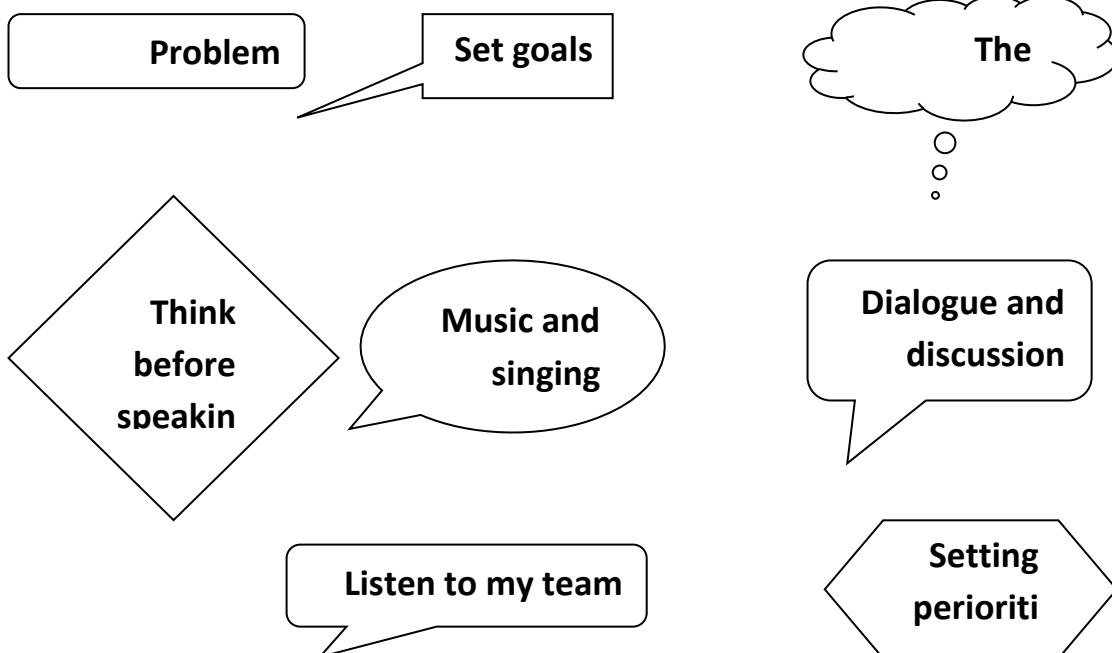
<b>Name of racers</b>	<b>Distance jumped</b>	<b>mass</b>
<b>Amir</b>	.....	.....
.....	.....	<b>23</b>
.....	<b>76</b>	.....
<b>Ramy</b>	.....	.....
.....	.....	<b>46</b>

**From the table complete:-**

- 1) Sarah jumped a distance of .....cm, because it's mass is .....kg.
- 2) The mass of Hana is .....kg, while the mass of Amir is ..... Kg.
- 3) Adam jumped a distance of .....cm, while rami jumped a distance of .....cm.

#### **Lesson 4 (strategies I can use)**

**Activity:-** read the following strategies that are used for life skills , then answer the questions.



**Choose:**

1) We use ..... Strategies in critical thinking.

- a. Music and singing                      b. think before speaking  
c. problem solving                      d. (b) and (c)

2) We use ..... strategies in self-management.

- a. set goals                                      b. the games  
c. setting priorities                      d. (a) and (c)

3) We use ..... strategies in communication

- a. music and singing                      b. dialogue and discussion  
c. set goals                                      d. (a) and (b)

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## ***Lesson 6 (our class pledge)***

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- \*We pledge to apologize and forgive
- \*We pledge to listen to one another
- \*We pledge to raise our hands to speak
- \*We pledge to raise our hands to speak
- \*We pledge to help each other learn
- \*We pledge to include every one

**Pledge:** make a  
promise that I  
will do  
something.

## Chapter 2

### Lesson (1) healthy or UN healthy

Healthy habits	Unhealthy habits
Eating vegetables and fruits.	Drinking soda
Drink enough water	Watching TV for a long time
Do exercises daily	Not washing hands after going to the bathroom
Get enough sleep	Not eating breakfast every morning

Activity: write **healthy** beside the good situations and **unhealthy** beside the bad situations.

Eating vegetables and fruits.



Not eating breakfast every morning.



Washing your hands after going to the bathroom

Get enough sleep





## Lesson 2

### 1. Diagram of the human body

These diagrams have labels

For important parts of our body

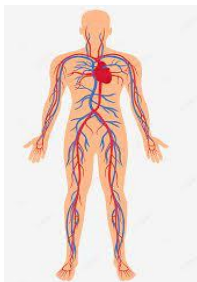
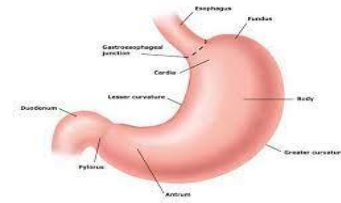
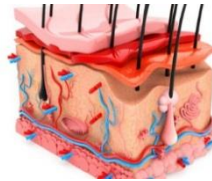
.some parts we can see every day

And some parts are inside

And we never get to see them .put each label in the suitable place on the diagram

Diagram: is an image that helps to explain how something works: including labels showing the names of different

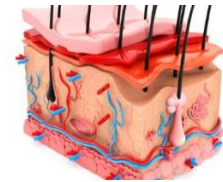
**(Heart-stomach-veins-skin-bones-muscles)**



Our body organs:

- \* Organs are certain parts of our bodies that have a specific function.
- \* Our bodies have many organs, such as: brain, heart, stomach and skin

Some facts  
about skin:



- \* Our skin stands between us and the outside world.
- \* Our skin weighs about 4 kilograms.
- \* The skin is the largest organ in our skin.

**Importance of  
skin**

- 1) It protects us from harmful germs
- 2) it protects us from harmful sun rays.
- 3) It keeps fluids inside our bodies as water and blood



\*Cover up your skin using suitable clothes or  
Sunscreen can help protect against harmful rays

### **Put true or false**

1-organ is word for certain parts of your body that has a specific function

(   )

2-our skin is smallest in our body (   )

3-sunscreen can help protect against harmful sun rays (   )

### **Choose:**

We can protect our skin against harmful sun rays by.....

1-wearing suitable clothes

2- Using sunscreen

3-a and b

What the importance of the skin?

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## **Lesson 3(bones and muscles work together)**

\*Your body is made up many parts that work together to keep you alive.

Bones and muscles work together to help us move:

- your bones make up your skeleton.
- your skeleton could not move without muscles.
- muscles lift and turn bones to help you walk, eat and breathe as follows:



When you walk, muscles move bones in your legs and feet

When you chew, muscles pull your jaw up and down and side to side

When you sleep, muscles move your ribs to help you breathe.

### **Bones and muscles work together to protect our organs:**

\_ if your head is bumped , your skull bones work like a helmet to protect your brain inside .

\_ if you get hit in your face with a football :

The bones behind your eyebrows will protect your eyes .

Muscles also protect your eyes by closing them immediately

\_ your ribs form a protective cage around your chest .;

## Choose the correct answer:-

1- Your skeleton is made up of.....

- a. Muscles                      b. bones                      c. skin

2-while you are sleeping.....move your ribs to help you breathe

- a. Bones                      b .hairs                      c. muscles

3-your skull bones protect your .....

- a. Brain                      b. lungs                      c .heart



# ***Lesson 4 what happens to the food you eat***

## **Food gives our bodies energy**

-our bodies need food for energy.

Food contains thousands of different nutrients.

Nutrients provide the human body with the needed energy

**Digestion process**: it changes food into simpler parts to help the body absorb them to get energy

Digestion process takes place inside your body known as the digestive system.

## **The path of food in our bodies**

### **The mouth**



Chewing breaks up food into smaller pieces, saliva in your mouth can easily soften the food and begin break down

After you swallow the food muscles push it down to your stomach

### **The stomach**



Your stomach produces an acid

Muscles in the stomach squeeze the food with the acid to break down the food

Then digested food leaves the stomach

\*the nutrients are carried away in the blood giving all parts of the human body energy to do all activities

## Chapter 3 get fit with healthy eating

Activity look at the following pictures, then sort them in the table below.

cucumber



carrot



chocolate



banana



donut



apple



lettuce



peach



cheese



Yogurt

vegetables	fruits	dairy	Sweets

**Activity:** classify the pictures into **healthy** food and **unhealthy** food.

Healthy food	Unhealthy food

## Lesson2 my diet



***Diet:*** is the kind of food that a person eats regularly.

***Your diet must contain different types of nutrients.***

***Nutrient:*** is an element of food that provides energy.

### Nutrients such as:

**Carbohydrates**



**proteins**



**fats**



**Carbohydrates:** they are found in:

Grains



Potatoes



Bread



Macaroni



**Importance:** they provide the body with energy.

**Proteins:** they are found in:

Eggs



fish



meat



**Importance:** they provide the body with energy and also are important for the brain.



# Activity

**Answer the following questions:**

**Put true or false:**

- 1) Our bodies need food because food gives us air. (      )
- 2) All living things need energy to live. (      )
- 3) A diet must contain different types of nutrients. (      )

**Complete:**

- 1) Food provides living things with ..... That are necessary for healthy growth.
- 2)..... is the kind of food that a person eats regularly .

## Lesson 3 vitamins

**Vitamins:** they are important nutrients that the body needs in small amounts for normal growth and nutrition

**Vitamin A:** it is found in: Carrots



orange,



eggs



**Importance:** keeps our eyes, skin, teeth, and bones healthy.

**Vitamin B:** it is found in:

Meats



, nuts



, fish



, milk



,

yogurt



**Importance :** keeps our nervous system, skin, muscles, and blood healthy.

**Vitamin c:** it is found in: orange



,

lemon



guava



, kiwi



**Vitamin D:** it is found in:

liver



,

Fish



,



milk

**Importance:** it is found in: important for strong bones and teeth.

**Vitamin E:** it is found in: wheat



, broccoli



**Importance:** it is found in:  
and blood

importance for heart

**Vitamin K:** it is found in: pear



,

cucumber



, cabbage.



مستحبات اوليفيا

**Importance:** important for bones and blood.

## Lesson 4 minerals

**Minerals:** they are important substances that the body needs for good health by forming strong bones and teeth.

**Calcium:** it is found in: milk



cheese



, yogurt



, and broccoli



**Importance:** helps the body to build strong bones.

**Iron:** it is found in: eggs



, wheat



, and

broccoli



red meat



**Importance:** iron transports oxygen from your lungs to the rest of your body.

**Potassium:** it is found in: banana



tomato, potato



, orange



**Importance:** keeps our muscles and nervous system.

**Zink:** it is found in: chicken



, nuts



, beans



**Importance:** helps our immune system work well.

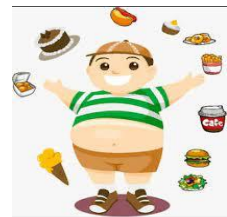
## Lesson 5 how much sugar?

**Activity: read and then answer the questions.**

We must eat sugar to get energy that we need.

**But, if we eat more sugar than what the body needs, it will harm our health and body as follows:**

**1) Gaining unhealthy weight.**



**2) Making cavities in the teeth**



**3) Feeling jumpy and nervous.**



**4) Causing harms to your heart**



**Choose:**

1) Eating more sugar than what our body needs leads to gaining.....

- A. unhealthy weight      b. less energy      c. healthy weight

2) Sugar affects our teeth by making .....

- A. colors      b. sweets      c. cavities

3) Eating more sugar has effects on our .....

- A. toys      b. sweets      c. hearts and teeth

4) Eating more sugar makes you feel .....

- A. good      b. jumpy      c. nervous and jumpy

## Chapter 4 when habitats change

### Lesson 1. Close observation

**Activity:** read and learn.

All living need food, water, air, and shelter.

#### **Lion**

I eat meat.

I live in the jungle.



#### **Rabbit:**

I eat carrots.

I live on the farm.



#### **Dolphin:**

I eat fish.

I live in some oceans.



#### **Giraffe:**

I eat leaves.

I live in the jungle.



#### **Camel:**

I eat grass, grains and wheat.

I live in the dessert.



**Fox :**




I eat animals.

I live in the forest.



## Lesson 2 living organisms

### Habitats

**Living organisms:** such as humans  , plants  , animals. 

**Non – living things:** **natural non-living things** such as

rocks



and sun



**Man – made non-living** things such as chair  and ball 

**Activity:** write the names of the following items in the table below to classify them into **living organisms** and **non-living organisms**

Bee



book



butterfly



bat



Toys



ant



clothes



Sand



Bag



car



kangaroo



dolphin



Living organisms	Non living organisms

### **Lesson 3 natural disasters**

**Natural disasters:** like drought, fire, flood, and pollution.

**Drought :** it happens when there is no rain for a long time, so the land becomes hard.



**Fire:** it happens when lightning strikes the land or by human made fire that gets out of control.



**Flood:** it happens when heavy rains cover the dry land with a lot of water.





**Pollution:** it happens by natural volcanos or humans throwing trash and chemicals into water.



**Complete:**

1).....*happens when dry land becomes covered with more water.*

2).....*happens by using machines that pollute the air.*

## Chapter 5 water, water everywhere

### Lesson 1 the water cycle in nature

**Activity:** trace the words below, then match each matter to the word which describes it.

Oil



cup of water



water vapor



**Solid**

**Liquid**

**Gas**

Cloud



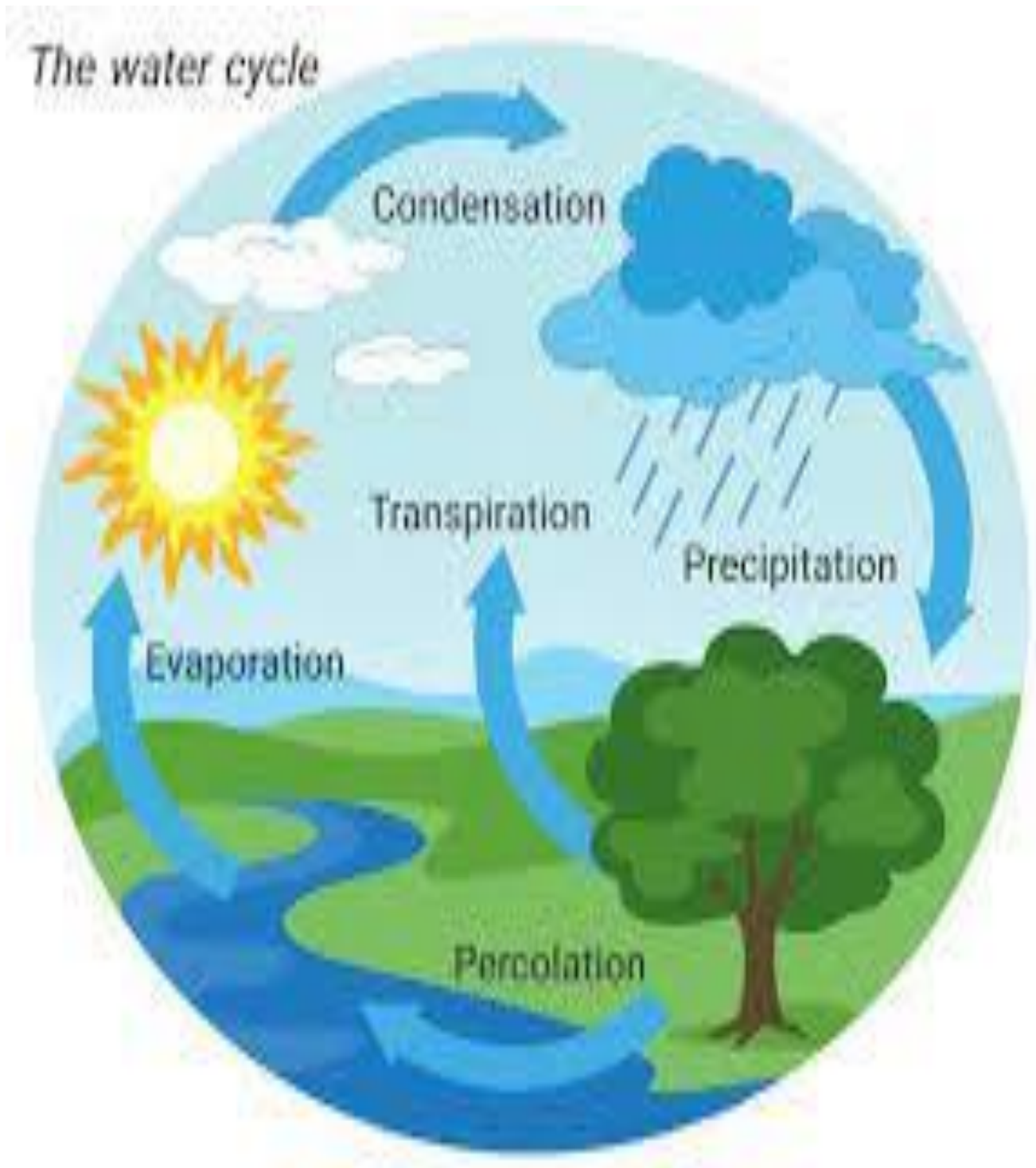
ice



ball



# *the Water cycle*



## Lesson 2 weather versus climate

**Activity:** write the suitable word from the words bank below each picture to describe the conditions of the weather.

rainy

snowy

humid

Cloudy

Windy

Sunny



## Chapter 6 how can I help?

### Lesson 1 volunteer

#### **What is the meaning of volunteering?**

**Volunteering** is how people like you and me can help our community and others without being paid.

**Volunteering** is different than job in times of work

**Example:** like cleaning trash in the neighborhood, planting trees in streets or in community gardens, collecting donations for those in need.

**You can be a volunteer:** you can help to solve a problem or meet a need people by joining to a volunteer group or by organizing an event

#### Put true or false on the following sentences:

- 1) Volunteer is paid for work. (       )
- 2) Volunteering is different than a job in times of work. (       )

#### Complete :

- 1) Volunteering is like planting trees, .....and.....
- 2) if you want be a volunteer . What will you do?